



2011

Director: Nikki Lua
Administrative Coordinator: Raeann Gembris
Assistant Directors: Alli Lua, Michelle Lee
Supervisor Assistant: Caitlin Hall
Concession/Maintenance Supervisor: Eric Taylor

SPRINGS BROOK PARK is located at 181 Springs Road, just before the V.A. Hospital. It is a man-made, filtered, swimming facility. The park is set back in a beautiful wooded setting.

Sandy beaches	Lap swim lanes	Charcoal grills
Grass and shaded picnic areas	Red Cross swim lessons	Playground
Full bathhouse facilities	Spray park	Volleyball court
Concession stand	Water slide	Basketball court

SBP is Fully staffed by lifeguards/swim instructors who are certified in water safety, lifeguard training, first aid and professional rescuer CPR.

SMOKE-FREE AREA: Springs Brook is a smoke-free swim area. Smoking is not permitted anywhere on park grounds, including the parking areas.

ADMISSION RULES

1. Members must show identification at the gate.
2. Everyone must sign in at front gate.
3. Swim lesson students and parents must either have a membership or must pay the gate fee.
4. Park Rules must be adhered to and are strictly enforced.
5. Children age 11 and younger must be accompanied by an adult at all times while in the Park, including during swim lessons.

HOURS OF OPERATION 2011

June 13 - Aug 14 10:00 AM - 7:30 PM gate closes

August 15 - August 28 11:00 AM - 7:00 PM gate closes

Please note that water is cleared 15 minutes prior to closing time.

Hours may vary Aug. 22 - 26 depending on staff availability.

PLEASE NOTE: Park will close at 6:00 on Tuesday June 14 for JGMS Splash Blast. (Splash Blast rain date June 15)

PARK INFORMATION AND RULES

1. PARK SAFETY CHECK - 2:30 p.m. DAILY (2-5 minutes)

At this time, all swimmers are asked to clear the water. This ensures that everyone is accounted for and increases safety awareness.

2. Adult Swim - Follows Park Check until 2:45.

3. Babies must wear a snug suit over diapers or swim diapers.

4. Balls or flotation devices are not permitted in the water.

5. Coast guard approved life jackets/vests for boating may be worn, if fitted properly.

6. Lap lanes are for lap swimming only.

7. Whistle System - 1 blast - getting a swimmer's attention 2 blasts - getting another guard's attention 3 blasts - Emergency - clear the water

8. Children must be supervised at all times.

9. Swimming is only permitted in areas supervised by lifeguards.

10. Dock and water slide are only open when supervised by lifeguards. Dock is not open during swim lessons.

11. Dock, slide and Concession hours posted at Bathhouse.

12. If thunder is heard, everyone will be asked to clear the water. Swimmers will be permitted back in the water 20 minutes after the last clap of thunder.

13. Cars are not permitted past the front gate. The only exception is for handicapped parking situations.

14. Alcoholic beverages are not permitted.

15. Smoking is not permitted on any park grounds, including parking areas.

16. Dogs/pets not permitted on the grounds.



Reduced swim lesson fee with park membership!
(See the Swim Lesson Fee Information on Page 14 for details)

SEASON MEMBERSHIP 2011

Purchase at the Recreation Office or at the Park (until 4:00pm).

Fill out Membership forms (included in this booklet).

Membership guarantees admission during periods of restricted admittance due to overcrowding or lifeguard shortages.

NEW: Memberships purchased by 6/20 receive One Day Use passes for guests— see next page for full details.

PRICES:	RESIDENT	NON-RESIDENT
Individual	\$85	\$110
Family*	\$240	\$305

**Family memberships consist of parents and their children living at the same address. Extended family members/ daycare children add'l fee.*

TWO WEEK PASS OPTION

Valid only during a 2-week period of swim lesson session (Mon—Fri) \$40 per person/\$120 per family

SENIOR CITIZEN (age 65+)

No charge but must be registered at the Recreation Office. Seniors may register by phone, mail, or in person.

DAILY ADMISSION

Mon - Fri: \$7/person age 1 and up; **Sat & Sun:** \$9 per person ages 1 & up
 Max. \$25/family weekdays only. There is no family rate on the weekend.
Due to crowding issues the weekend family rate has been eliminated.

Weekend family passes available for Bedford Residents only and available to purchase Mon. thru Fri. at the Recreation Office or Springs Brook Park. (\$25 per pass) ID required.

AFTER 4:30 P.M.: \$3/person

*** No charge for children under age 1 ***

NO FEE AFTER 5:30

NEW! FOR MEMBERS!

If you purchase a membership for the park **prior to June 20, 2011**, you will receive a limited number of one-time use Day Passes for guests. A Family Membership comes with 6 passes; Individual Adult Membership comes with 2 passes. Guest passes will be available for pickup at the bathhouse once the park is open.

GROUPS/PRIVATE FUNCTIONS

Arrangements may be made for groups to use Park facilities during Park hours or after hours. Group rates are available. Please submit a group reservation request form (available online or via e-mail via recstaff@bedfordma.gov) Reservation must be made at least 2 weeks in advance.

Please note: The Park remains open to the general public. Alcoholic beverages are not permitted. Smoking is not permitted on premises. One picnic table per 10-12 people on weekends. Grills and tables are on a first come/first serve basis.

SPECIAL PARK EVENTS

Other activities and events will be posted at the Park and on the Recreation website; www.bedfordrecreation.org

SEASON OPENING CELEBRATION DAY

Saturday June 18

A special invitation for everyone to come and enjoy the park and facilities. We'll have some special games, activities, and entertainment. (Sun., June 19 – rain date) Bedford residents free of charge. (must show ID)

Performer: YOYO Guy at 3:00pm

Memberships will be sold both Sat. and Sun. until 4:30 pm.

SPRINGS BROOK PARK SPLASH BLAST

For JGMS Students only

The Park will only be open to JGMS students (no adults, no little kids!!). There's swimming, a spray park, concession stand, water slide, dock, beach and it's all yours for the evening.

Tuesday, June 14 (rain date June 15) 6:30 – 8:30pm

Please note: The park will be closing to the general public at 6:00pm for this event.

END OF SCHOOL SPECIAL

An invitation to all Bedford Residents to come check out the park for FREE! Thurs. June 23 (Rain date June 24) from 3-5pm.

Bedford kids and adults get in absolutely free. (must show ID)

JULY 4TH CELEBRATION

Come celebrate the 4th of July with us!

Watermelon served at 1:00 until 2:30pm.

Sand Castle Contest judging at 2:30

Performer: Silly Willy - Magic and fun! 3:00

Free admission for Bedford Residents 11:00 - 2:00 w/ photo ID

ENTERTAINMENT SCHEDULE

(Check at the Bathhouse for rescheduled date in the case of cancellation due to inclement weather)

Please bring a towel or blanket to sit on.

YO-YO GUY

Sat. June 18 at 3:00

Thurs. Aug. 11 at 3:00

World Yo-Yo Champion and Guinness World Record Holder, will wow us with his unique high energy yo-yo, unicycle and comedy!

JENNY - THE JUGGLER

Tues. June 28 at 3:00

You will be inspired and amazed by this fabulous variety show with juggling, illusion, music, singing and comedy sure to capture your imagination.

DAN FOLEY – The Airborne Comedian

Sat. July 2 at 3:00

Dan juggles a cornucopia of objects including (but not limited to) baseball bats, lawn chairs, flaming torches, children, fruits and many other unlikely objects.

SILLY WILLY—The Clown

Mon. July 4 at 3:00

Tues. Aug. 16 at 1:30

Packed with fun, excitement and guaranteed laughs! Twisted balloon sculptures at shows end.

MATT ROBERTS - Magician

Thurs. July 14 at 3:00

Sun. Aug. 7 at 3:00

Incredibly engaging magic and hilarious comedy with illusions that are top notch and amazing!

DAVID GARRITY – Magician

Sat. July 16 at 3:00

Thurs. July 28 at 3:00

A family-friendly show with astonishing magic, illusion and lots of audience participation!

ANIMAL ADVENTURES

Tues. July 19 at 3:00

Sat. Aug. 27 at 1:30

Variety Animal Presentation...we never know what creatures will show up at Springs Brook!

ADULT PICK UP VOLLEYBALL

Join us on Monday nights for pick-up games with old and new friends on our sand volleyball court. Min. age 17. Mon, 5:45 – 6:45pm; 6/20 - 8/15 **No Fee if you enter after 5:30pm**

PRIVATE/SEMI-PRIVATE SWIM LESSONS

For children and adults ages 3 & up. During non-swim lesson hours and instructors' off-duty time. Sign up at the Park Only, with a Director. High demand, first come, first served. Availability not guaranteed. Checks payable to the Town of Bedford.

PRIVATE: 1 student \$25/hour \$20/half hour

SEMI-PRIVATE: additional \$5 per student at above prices.

Students must be similar skills to be taught at the same time.

SWIM LESSONS

Lesson Registration: Forms are located in this booklet, at the Recreation office, online and at the Park when it opens. Registrations will be processed according to regular registration procedures (see general instructions and procedures in front of booklet). Be certain to list 2nd choice in case your first choice is full. You will receive class confirmation by mail.

Please check class day and time when you receive your receipt.

Please register at the Park once it opens for the season (lesson registrations will not be processed at the Recreation Office once the park opens).

Please know the most recent level/skills of your child to ensure an accurate class placement. Classes will be held rain or shine (except during thunderstorms) due to time limitations.

IMPORTANT: If you have your child registered for more than one session, please check with your child's instructor during the second week of the lessons to ensure that you have your child correctly placed in the next session. Make the necessary changes with one of the Directors.

PLACEMENT QUESTIONS?

For assistance placing a child in a level, call the Rec. Office, 275-1392 to leave a message for Nikki Lua.

REGISTRATION GUIDELINES:

1. Mail/fax/drop off registration or register online (see general reg. instructions). Once park opens, sign up at the park only.
2. Indicate 1st, 2nd, and 3rd choices in case first choice fills.
3. Level descriptions list the skills that must be completed to pass to the next level. Identify the level your child can complete comfortably and register for the next level.
4. Children age 11 and under must be accompanied by an adult in the park at all times.
5. Park admission fee or membership required if entering the park before 4:30 PM.

PARENT/TOT CLASS

(Ages 3 & 4 when class starts, with parent)

A class designed to assist parents with preparation of their children for introductory swimming skills and swim lessons. Course demonstrates beginning swim skills, safety skills, body positioning and support techniques, breathing and ideas for games to play to practice skills. Max. 8 pairs

Option 1: 11:20-12:00noon, Mon.-Wed. June 27-29

(Rain date make-up: June 30)

Option 2: 5:35 – 6:15 pm, Thurs. June 30, July 7 and July 14

(Rain date make-up: July 21)

Option 3: 12:35-1:15pm, Thurs. July 21, Fri. July 22 and Mon. July 25 (Rain date make-up: July 26)

Cost: \$30 Resident/\$35 Non-Res. (per pair parent/student)

Other siblings must be accompanied by another adult if in the Park or enrolled in lessons during this time. All of these lessons coincide with regular lessons so that you may enroll older children in classes while you participate with your pre-school child. No admittance fee or membership required if entering the Park after 5:15.

SWIM LESSON FEES

Rates are for Day Sessions and Evening Lessons

SBP Members Non-Members

Resident Fees: \$30 \$50

Non-Resident Fees: \$40 \$60

Please note: Admission is not included in lesson fees.

Students and their families must either:

- 1) Have a season membership OR pay the daily gate fee
- 2) Purchase a two week lesson pass, valid M - F for two weeks of the lessons, \$40 per person \$120 per family

DAY SESSIONS: LESSON SCHEDULES

Classes held Mon/Tues/Thurs/Fri. (*No classes on Wednesday)

SESSION I (July 5 - July 15)

No class on Mon, 7/4 *Class will be held Wed. 7/6

<u>12:30</u>	<u>1:30</u>
Level 0	Level 0
Level 1	Level 1
Level 2	Level 2
Level 3	Level 3
Level 4	Level 4
Level 5	Level 5

SESSION II (July 18 – July 29) No class on Weds.

<u>12:30</u>	<u>1:30</u>
Level 0	Level 0
Level 1	Level 1
Level 2	Level 2
Level 3	Level 3
Level 4	Level 4
Level 6	Level 5

SESSION III (Aug. 1 - Aug. 12) No class on Weds

<u>12:30</u>	<u>1:30</u>
Level 0	Level 0
Level 1	Level 1
Level 2	Level 2
Level 3	Level 3
Level 4	Level 4
Level 5	Level 6

EVENING LESSONS

Mondays and Thursdays, June 23 – July 21 (no class July 4)

Option to attend bonus/make-up classes scheduled July 25 and 28

4:45 – 5:30pm Levels: 0, 1, 2, 3, 4, 5

5:35 – 6:20pm Levels: 0, 1, 2, 3, 4, 6

PRE-SEASON MINI-MORNING SESSION

Fri. June 24 - Thurs. June 30. (Rain make up Fri. 7/1 if needed)

No class Sat / Sun.

10:15-11:10am Levels: 0, 1, 2, 3, 4, 5

11:15-12:10pm Levels: 0, 1, 2, 3, 4, 5

SBP Members Non-Members

Resident Fees: \$20 \$40

Non-Resident Fees: \$30 \$50

SWIM LESSON LEVELS

PLEASE NOTE:

1. **The American Red Cross revised the skill requirements of each level last year.** Your child will be tested based on *current* standards and placed in the *appropriate* skill level.

2. We adhere to strict Red Cross standards. Children will be tested in each level. Students may be moved up or down in the levels after being tested. Please be aware that it is very common for students to remain in a level for more than one session. Students must be able to complete all skills consistently in order to move to the next level.

LEVELS 0 - 6 ARE FOR AGES 4 AND OLDER (age 4 by the start of class). Classes are 40 - 50 min. long, depending on the class.

Children ages 4 and 5 must start in Level 0 or Level 1 unless they have a certificate of passing Level 1. Level descriptions list the skills required to move to the next level. Student must be proficient in order to move into the next level.

LEVEL 0: (max 7 students)

Designed for children who are not comfortable in the water, who will not submerge face or head.

Independent water entry/exit

Bubble blowing/submerge face and head

Bobbing

Retrieving submerged objects with face in the water

Front/Back glide (2 body lengths)

Back Float

Treading arm action

Roll from back to front

Simultaneous arm and leg action on back and front (2 body lengths)

Comfort in water

Level 1: Introduction to Water Skills (max 7 students)

Independent water entry/exit

Bubble blowing

Bobbing

Retrieving submerged objects with face in the water

Front/Back glide (2 body lengths)

Back Float

Treading arm action

Roll from back to front

Simultaneous arm and leg action on back and front (2 body lengths)

Level 2: Fundamental Aquatic Skills (max 7 students)

Fully submerging (5 seconds)

Bobbing (5 times)

Front float (5 seconds)

Jellyfish/tuck float (5 seconds)

Recover from back or front float to a standing position

Roll from back to front

Change direction while swimming

Treading using arm and leg action (15 seconds)

Combined arm and leg action on front and back (5 body lengths)

Finning action on front and back

Level 3: Stroke Development (max 8 students)

Headfirst entry from sitting and kneeling position

Bobbing while moving towards safety

Rotary breathing (10 times)

Survival float on front (30 seconds, deep water)

Back float (30 seconds)

Tread water (30 seconds)

Front crawl (15 yards)

Elementary backstroke (15 yards)

Scissors kick (20 yards)

Level 4: Stroke Improvement (max 10 students)

Swim underwater 3-5 body lengths

Feet first surface dive

Survival swimming (30 seconds)

Treading water (2 minutes)

Front Crawl (25 yards)

Breaststroke (15 yards)

Butterfly (15 yards)

Elementary backstroke (25 yards)

Back crawl (15 yards)

Sidestroke (15 yards)

Level 5: Stroke Refinement (max 10 students)

Tuck and pike surface dives

Front flip while swimming

Tread water 5 minutes

Front crawl (50 yards)

Breaststroke (25 yards)

Butterfly (25 yards)

Elementary backstroke (50 yards)

Back crawl (25 yards)

Sidestroke (25 yards)

Level 6: Swimming and Skill Proficiency

Front Crawl (100 Yards) (max 10 students)

Elementary Backstroke (100 Yards)

Back Crawl (50 Yards)

Breaststroke (50 Yards)

Sidestroke (50 Yards)

Butterfly (50 Yards)

500 yard continuous swim

Flip turns

Open turns while swimming

Fitness Swimmer skills

Personal Water Safety

Fundamentals of Diving

SPRINGS BROOK PARK Registration Form: page 1 (for programs pages 11-15)

Last Name: _____ Phone: (____) _____

Address: _____ Town/Zip _____

If registering for swim lessons, please indicate parent work & emergency phone #'s :

work /cell# (mother) _____ work/cell # (father) _____

Emergency name and # other than parent _____

E-Mail Address: _____

RATES**Membership****Resident****Non-Resident**

Individual:

\$85

\$110

Family:

\$240

\$305

2 Week Pass (valid M-F only) \$40 per person/\$120 per family both resident & non resident

Senior Citizen (65+): Free (must Register @ Rec. Office)

Lessons**Resident W/ SBP Membership****Non-Resident W/ SBP Membership**

Preseason Mini-Morning session

\$20

\$30

Day Sessions I, II, III

\$30

\$40

Evening Session

\$30

\$40

Parent/Tot class

\$30

\$35

Resident W/O SBP Membership**Non-Resident W/O SBP Membership**

Preseason Mini-Morning session

\$40

\$50

Day Sessions I, II, III

\$50

\$60

Evening Session

\$50

\$60

Parent/Tot class

\$30

\$35

Payment Information

Membership Fee: \$ _____

Swim Program Fee: \$ _____

Contribution to Neighbors Fund: \$ _____

TOTAL FEE DUE: \$ _____**Payment Type:** ___ Cash ___ Check ___ MC/Visa MC or Visa #: _____ Exp. Date: _____

I, the undersigned [mother/father/legal guardian] of _____, a minor, do hereby consent to his/her participation in the swim program, run by the Bedford Recreation Department and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the swim program, wherever it occurs, which I may now or hereafter have as the parent of said minor, and also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Town of Bedford Recreation Department's swim program.

Signature: _____ Date: _____ (parental if participant is under 18 years of age)

MEMBERSHIP SUMMER 2011**List family members (immediate family only - father, mother, children living at same address)**

Name: _____ Age: _____ Name: _____ Age: _____

Two Week Pass: Valid Monday - Friday only☐ Pre-season ☐ Session 1 ☐ Session 2 ☐ Session 3

Total Membership Fee: _____ 6/20 - 7/1 7/4 - 7/15 7/18 - 7/29 8/1 - 8/12

SPRING BROOK PARK REGISTRATION FORM (Page 2)**SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 1**

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Preseason Morning Session: Level: _____ Time: _____ *Alternate if time full:* _____Session 1: Level: _____ Time: _____ *Alternate if time full:* _____Session 2: Level: _____ Time: _____ *Alternate if time full:* _____Session 3: Level: _____ Time: _____ *Alternate if time full:* _____Evening: Session: Level: _____ Time: _____ *Alternate if time full:* _____**SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 2**

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Preseason Morning Session: Level: _____ Time: _____ *Alternate if time full:* _____Session 1: Level: _____ Time: _____ *Alternate if time full:* _____Session 2: Level: _____ Time: _____ *Alternate if time full:* _____Session 3: Level: _____ Time: _____ *Alternate if time full:* _____Evening: Session: Level: _____ Time: _____ *Alternate if time full:* _____**SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 3**

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Preseason Morning Session: Level: _____ Time: _____ *Alternate if time full:* _____Session 1: Level: _____ Time: _____ *Alternate if time full:* _____Session 2: Level: _____ Time: _____ *Alternate if time full:* _____Session 3: Level: _____ Time: _____ *Alternate if time full:* _____Evening: Session: Level: _____ Time: _____ *Alternate if time full:* _____**PARENT/TOT SWIM CLASSES**

Student Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

☐ **Option 1:** 11:20-12:00noon (June 27-June 29) Fee: _____☐ **Option 2:** 5:35-6:15pm (June 30-July 14) Fee: _____☐ **Option 3:** 12:35-1:15pm (July 21-July25) Fee: _____

Student Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

☐ **Option 1:** 11:20-12:00noon (June 27-June 29) Fee: _____☐ **Option 2:** 5:35-6:15pm (June 30-July 14) Fee: _____☐ **Option 3:** 12:35-1:15pm (July 21-July25) Fee: _____